REGINA metro®

NEWS WORTH SHARING.

Not 40 yet, but what a future!

Meet Thomas Sierzycki, one of last year's CBC Future 40 winners who, at 21, became Canada's youngest mayor

PAGE 3

HE'S A HUSTLER, BABY

AND JUICY J HAS WORKED HIS WAY UP THE CHARTS — WHILE COLLABORATING WITH STARS LIKE KATY PERRY PAGE 9

Tatiana Maslany walks the red carpet at the Canadian Screen Awards in Toronto on Sunday, before winning for leading actress in a television drama series for Orphan Black.

FRED THORNHILL/THE CANADIAN PRESS

Local star shines at Canadian Screen Awards

Tatiana Maslany. Award for leading role in sci-fi drama series Orphan Black the latest of several accolades for Regina-raised performer

Saskatchewan's Tatiana Maslany continued her roll on red carpets on Sunday night, winning the honours for leading actress in a television drama series at the Canadian Screen Awards.

The Regina-raised actress took the award at the Toronto gala for her leading role in the science-fiction series Orphan Black, which debuted last year on the Space cable channel in Canada and on BBC America in the U.S.

"I don't think any of us foresaw how it was going to be received, and also I just think it just hit at the right time," Maslany, 28, said recently of the success of Orphan Black, for which she was nominated for a Golden Globe Award in January in addition to wins at last year's Critics' Choice Television Awards and Television Critics Association Awards in the U.S.

In the series, she portrays seven clones with vastly different personalities and accents.

"I just think it came out at a time when there was, I don't know, maybe a need for women onscreen or something, or young women onscreen," Maslany added.

"We have a lot of young fans, young women who are fans and it must speak to them on a level, because I don't know how many shows there are out there with these kinds of women in it as the leads."

She describes her experience at the Golden Globes as "just a bizarre, whole other world" in being nominated for best actress against some of Hollywood's premier female stars of the small screen.

"It's unlike anything I'd ever experienced before," said Maslany, who didn't win.

"I very much felt like an observer on the outside of a very crazy experience."

Orphan Black has also won Canadian Screen Awards in acting for Jordan Gavaris, Maria Doyle Kennedy and Natalie Lisinska, and for writing, direction, photography, picture editing and production design or art direction.

The second season of the series will begin airing in April. THE CANADIAN PRESS, WITH FILES FROM METRO

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NEWS 1

Program IDing aboriginal cancer patients launches

SCA. Pilot program info will be used for primary prevention and discharge care

SARAH TAGUIAM
sarah.taguiam@metronews.ca

The Saskatchewan Cancer Agency (SCA), First Nations and Métis groups have partnered for the first time to address gaps in cancer care for aboriginals in the province.

The organizations were recently granted $1.07 million for the project, which will identify First Nations and Métis people with cancer within the healthcare system.

"We recognize that there might be some gaps in terms of culturally responsive programs … and having this information will have us monitor programs better," Riaz Alvi, the SCA's epidemiology and performance measurement provincial leader, told Metro.

Who's involved

The initiative will be piloted on patients from the English River First Nation Health Clinic, Ochapowace First Nation, Battleford Tribal Council Indian Health Centre and registered citizens of Métis Nation-Saskatchewan.

The information they gather will also be used for programs concerning primary prevention and discharge planning, as aboriginal patients go through their cancer journeys, Alvi added.

"Our goal is to reduce the burden of cancer in First Nations and Métis people in Saskatchewan, by creating a surveillance system that will achieve the best outcomes and effectively advance cancer control," Sandra Youngchief, director of health for Métis Nation-Saskatchewan, said in a news release.

Part of the goal, Alvi said, is determining whether cancer is more prevalent in certain populations.

Riaz Alvi, the Saskatchewan Cancer Agency's epidemiology and performance measurement leader, has high hopes for the program aimed at identifying aboriginal cancer patients. JACOB MORGAN/METRO

The program's first year will be focused mainly on gathering data and mapping the journey of aboriginal cancer patients.

"We'd like to eventually grow this program to the rest of the province," Alvi said.

"This is a huge opportunity for us to work together and look at programs including other chronic diseases."

Regina to get $5.5M to battle homelessness

Regina is slated to receive $5.5 million over the next five years from the federal government to tackle the city's homelessness woes under the recently renewed Homelessness Partnering Strategy.

"We still have a very challenging housing situation," Coun. Wade Murray said on Sunday of Ottawa's program, which will be discussed by city hall's executive committee on Wednesday.

As part of the initiative, Regina's community advisory board is tasked with developing a plan to get more homeless people out of emergency shelters and into permanent lodgings.

Securing permanent and stable accommodations for homeless people is a central pillar of the federal government's Housing First model, which forms the bedrock of its Homelessness Partnering Strategy.

Ottawa's rationale is that once stable housing is provided, addictions and mental health problems can be addressed.

"We're simply stabilizing the individual in an accommodation, so they have some stability in their lives," Mayor Michael Fougere said of the concept.

However, while acknowledging that the federal contributions to tackling homelessness are important, Fougere said he's alarmed by what he sees as Ottawa's "abdication" of its responsibilities on the affordable housing front.

"The federal government is moving away from that issue (affordable housing)," the mayor added.

"There's no strategy at all for this."

As part of the renewed agreement, the City of Regina must direct at least 40 per cent of its new federal funds to Housing First initiatives by the end of March 2016.

Between 2011 and 2014, the city received $1.1 million a year from Ottawa to address homelessness issues under the Housing First model.

MARCO VIGLIOTTI/METRO

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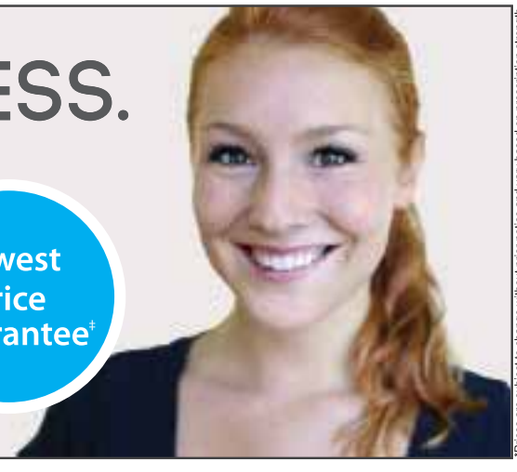
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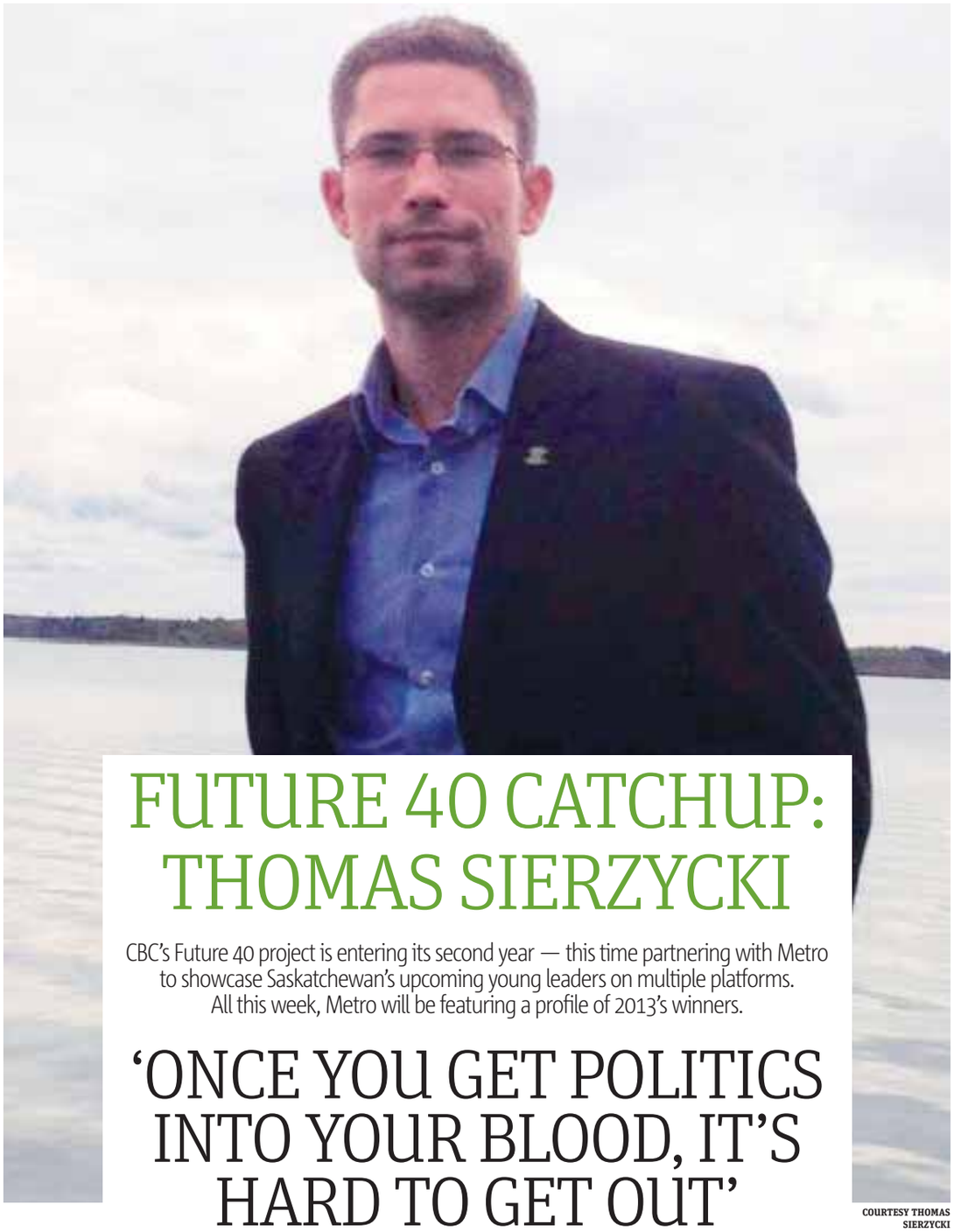


COURTESY THOMAS SIERZYCKI

FUTURE 40 CATCHUP: THOMAS SIERZYCKI

CBC's Future 40 project is entering its second year — this time partnering with Metro to showcase Saskatchewan's upcoming young leaders on multiple platforms. All this week, Metro will be featuring a profile of 2013's winners.

'ONCE YOU GET POLITICS INTO YOUR BLOOD, IT'S HARD TO GET OUT'

JACOB MORGAN
Metro in Saskatoon

Anyone who calls millennials lazy hasn't met Thomas Sierzycki.

The CBC Future 40 winner was elected to council in his hometown of La Ronge, Sask., at 18 years old. Three years later, at 21, he became Canada's youngest mayor.

"I really had to strive to make sure I was professional," Sierzycki told Metro. "You can be young as long as you're ambitious."

Now 25, he has already demonstrated commitment to his northern community.

On council, Sierzycki said he represented local youth and pushed for the construction of a skate park. His top priority as mayor remains making La Ronge attractive for residents, visitors and investors.

"There are a lot of good things happening in La Ronge," said Sierzycki. "If we can promote (those) things … then we can capitalize on business opportunities."

Being featured in Future 40, he added, was a chance to "give La Ronge and the North more positive exposure."

However, Sierzycki is realistic about the challenges people in remote areas face. La Ronge has a fluctuating population of more than 3,000, he said, and is located about 250 kilometres north of Prince Albert.

"Addictions and youth suicide are trends in the north," he said.

Sierzycki has also overcome immense personal adversity. His father and mother, who emigrated from Poland, both have suffered from cancer. In 2009, his mother lost her fight.

"I wanted to dedicate myself to La Ronge because it had supported me through some very tough times," he said.

Moving forward, Sierzycki plans on finishing his master's degree and starting a family. Eventually, provincial or federal office is a possibility.

"Once you get politics into your blood, it's hard to get out," he said.

FOR MORE INFORMATION ON CBC'S FUTURE 40 PROJECT, HEAD OVER TO CBC.CA/SASK

Shooting. Answers sought after livestock killed

A rural Saskatchewan farmer is hoping to find those responsible for killing his livestock.

Kelly Meyer was celebrating his 55th birthday on Friday when he learned that three of his animals — two cows and a pig — had been shot and killed at his farm near Carmel, about an hour's drive east of Saskatoon.

In an attempt to find the person who committed what he calls a "cruel" and "senseless" crime, he and his wife are offering a $1,000 reward for information on the incident.

"I just don't want it to happen again," Meyer said on Sunday.

"If they shoot the whole herd, they'll wipe me out."

All three of the animals were shot in the stomach before being left to die. Meyer said he's never experienced anything like this during his 27 years in the area.

"I'm very upset about it," he said. "Our animals are like our pets."

RCMP in Humboldt are investigating and suspect a four-by-four truck was used in the crime.

Const. Marc Thibodeau considers the shootings unusual.

"It's pretty rare," Thibodeau said.

"I've never had a complaint like this before, so it's not something I've ever had to deal with." **MORGAN MODJESKI/METRO IN SASKATOON**

Mayor's forecast. Despite sudden thaw, flood watch premature in Regina

Spring temperatures made a long-awaited return to Regina this past weekend, but it appears to be too early to begin a flood watch in the Queen City.

With slightly cooler temperatures anticipated this week, Mayor Michael Fougere says the thaw may slow down across southern Saskatchewan.

"It will be a very slow thaw in the coming days," Fougere said on Sunday.

"We're (city staff) always watching … but I would say it wouldn't be the most urgent issue because the (forecast) is below zero (next week)."

Temperatures are expected to fall slightly in the coming days. The Weather Network has predicted a high of 2 C on Monday and -1 C on Tuesday, before the mercury climbs back to a high of 3 C on Wednesday and Thursday.

The mayor added that Regina residents are not yet in the clear, despite his cautious optimism.

"Every spring we look at … what's the weather like, how much snow we have," Fougere said of the factors at play.

"Things can change."

After a surprisingly frigid start to March, the temperature soared to 1 C on Saturday and rose to a projected 3 C on Sunday.

The warm conditions could mark the unofficial end of one of Regina's most bitterly cold winters of the past two decades.

While Reginans suffered bone-chilling conditions for most of the winter, the season's snowfall will likely fail to match the record-shattering 196 centimetres that reportedly fell last year.

Fougere points out that despite that deluge, no major flood damage was reported in Regina last spring. **MARCO VIGLIOTTI/METRO**

A truck splashes through a deep puddle on 7th Avenue on Sunday as snow continued to melt. MARCO VIGLIOTTI/METRO

Very few countries use stolen documents database: Interpol

Malaysia Airlines. Interpol has sounded an alarm on this for years; it has 40 million stolen or lost travel documents on file

Interpol knew about stolen passports that two passengers used to board an ill-fated Malaysia Airlines flight bound for China, but no country checked the police agency's vast database on stolen documents beforehand, it said Sunday. Interpol said it hopes authorities will "learn from the tragedy."

It's not known whether stolen passports had anything to do with Saturday's disappearance of the Boeing 777 bound from Kuala Lumpur, Malaysia, to Beijing with 239 people on board. But such oversights aren't new. Last year, passengers boarded planes more than a billion times without their passports being checked against Interpol's database of 40 million stolen or lost travel documents, said the international organization based in Lyon, France.

Interpol has sounded the alarm on the issue for years, and just last month it bemoaned that "only a handful of countries" regularly use its stolen or lost travel documents database of records from 167 countries. For example, the database was searched more than 800 million times last year — but one in eight searches was conducted by United Arab Emirates alone.

On Sunday, Interpol Secretary General Ronald Noble said that his organization has long asked why countries would "wait for a tragedy to put prudent security measures in place at borders and boarding gates." The thefts of the two passports used were entered into Interpol's database after they were stolen in Thailand.

THE ASSOCIATED PRESS

Relative of passengers on the missing Malaysia Airlines jet with 239 people on board. ANDY WONG/THE ASSOCIATED PRESS

Mystery of flight MH370

Jet door may have been located

Vietnamese authorities searching waters for the missing Boeing 777 jetliner spotted an object Sunday that they suspected was one of the plane's doors, as international intelligence agencies joined the investigation into two passengers who boarded the aircraft with stolen passports.

More than a day after the Malaysia Airlines flight went missing, no debris had been found, and the final minutes before it disappeared were a mystery. The jetliner lost contact between Malaysia and Vietnam.

THE ASSOCIATED PRESS

Bomb kills Canadian photojournalist in Syria: Family

Ali Mustafa fans out masks to filter pollution and tear gas. He died Sunday.
TWITTER: @ZACK_HELWA

A Canadian freelance photographer was killed in the northern Syrian city of Aleppo on Sunday, his sister and activists said, the latest journalist to be killed covering a brutal war that has become the deadliest place in the world for them to operate.

Ali Mustafa died along with seven others when government aircraft dropped crude bombs and one exploded where he was standing with firefighters in the rebel-held Hadariyeh area of Aleppo city, said an activist who identifies himself as Abu al-Hassan Marea.

Mustafa's sister, Justina Rosa Botelho confirmed her 29-year-old brother's death after activists sent her a photograph of his corpse. Mustafa was born in Toronto, the son of Pakistani and Portuguese immigrant parents.

The family was not aware that he was in Syria. They were last in contact a week ago, when Mustafa told her that he was in Turkey, she said.

"He wanted to tell mom he was OK," she said. "He never told me he was in Syria. I guess he was trying to hide that."

No danger pay

"He just wanted the world to know about human rights and all the horrible things going on down there."

Justina Rosa Botelho, Ali Mustafa's sister. Syria is said to be the most dangerous conflict in the world for journalists.

Botelho said she and Mustafa shared the same mother.

Since the Syrian uprising began in March 2011, more than 63 journalists have been killed by both forces loyal to President Bashar Assad and rebels seeking his overthrow, according to the Committee to Protect Journalists.

The most vulnerable journalists are freelancers who do not have companies helping them. In a July 2013 interview, Mustafa said he first travelled to Syria in March 2013.

THE ASSOCIATED PRESS

United Arab Emirates

Gulf states label the Brotherhood a terrorist group

The United Arab Emirates has thrown its support behind neighbouring Saudi Arabia's decision to label the Muslim Brotherhood a terrorist organization, increasing Gulf Arab pressure on the Islamist group.

Saudi Arabia listed the 86-year-old Brotherhood along with several other groups, including al-Qaida affiliates, as terrorist organizations on Friday. Those who join or support the groups could face five to 30 years in prison. Egypt labelled it a terrorist organization in December.

THE ASSOCIATED PRESS

Iceland's prime minister

Russia's action in Ukraine a problem for Arctic nations

Russia's actions in Ukraine could cause problems for international co-operation in the Arctic, says Iceland's prime minister.

Sigmundur Gunnlaugsson said Russia's strong-arm tactics in its former satellite could make it harder for the eight nations on the Arctic Council to reach agreements at a time when the region faces a series of critical issues.

"This has a ripple effect, even though the actual events are far from the Arctic," said Gunnlaugsson, in Edmonton on a trade mission. THE CANADIAN PRESS

Referendum

Separatist vote in Crimea set for March 16

Russian President Vladimir Putin on Sunday defended the separatist drive in the disputed Crimean Peninsula as keeping with international law, but Ukraine's prime minister vowed not to relinquish "a single centimetre" of his country's territory.

Over the weekend, the Kremlin beefed up its military presence in Crimea, a part of Ukraine since 1954, and pro-Russia forces keep pushing for a vote in favour of reunification with Moscow in a referendum the local parliament has scheduled. THE ASSOCIATED PRESS

Ottawa couple suing feds for $6.5 million worth of weed

Medical marijuana. With prices expected to skyrocket under new rules, a man and his wife want government to cover them for 40-year supply of pot

TREVOR GREENWAY
Metro in Ottawa

An Ottawa couple who uses medical marijuana are suing the federal government for a combined $6.5 million — a projected figure of what it will cost them to stay medicated for the next 40 years when Health Canada changes rules to its Medical Marijuana Access Regulation.

Russell Barth consumes about 16 grams of pot every day to manage pain related to his fibromyalgia symptoms, as well as post-traumatic stress. Barth and his wife, Christine Lowe, who suffers from epilepsy, say they have a designated grower, an arrangement that allows them to stay medicated for far less than it will cost them under the new rules.

While he did not disclose how much he spends a year, he said a friend of his grew a year's worth of marijuana in a single summer at a cost of $500.

When Health Canada changes come into effect at the end of the month, Barth and his wife won't be able to afford the up to $15 a gram they will be forced to pay from commercial growers. The changes will also force Barth to destroy all the pot he already has — about 78 plants and 3.5 kilograms of dried marijuana that he says is worth more than $130,000.

His statement of claim gives the Crown three options: Remove cannabis from the Controlled Drugs and Substance Act (CDSA) for everybody, grant him and his wife an exemption from the CDSA or pay them the money so they can afford to medicate themselves in the future. Ideally, Barth wants marijuana to be legal for everyone. He sees a market of cheap or free pot under those circumstances.

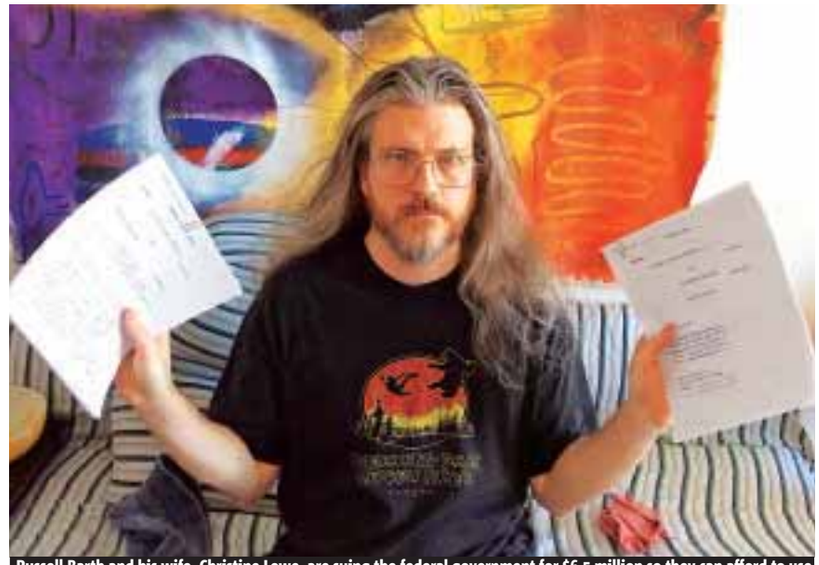
"Pot should be sold in supermarkets," he said. "Pot should be as legal as coffee and chocolate, not tobacco and alcohol."

The new rules, which come into effect March 31, will no longer allow medical marijuana patients to grow their own pot or use designated growers.

Instead, patients will have to buy from licensed large-scale producers at a much higher cost, and that doesn't sit well with Barth.

"It's absolutely terrifying," he told Metro Sunday.

"Every day I feel like I am wrestling with a robot."



Russell Barth and his wife, Christine Lowe, are suing the federal government for $6.5 million so they can afford to use pot as medicine when Health Canada changes rules to its Medical Marijuana Access Regulations. CONTRIBUTED

Separatist dreams. Former head of Quebecor to run for PQ in provincial election

Media baron Pierre Karl Peladeau shook up the Quebec election campaign on Sunday, announcing he's decided to run for the Parti Québécois.

Flanked by PQ Leader Pauline Marois, Peladeau told a news conference he's worked to build up media giant Quebecor over the past 25 years and now wants to devote himself to public service.

He said his dream is to help Quebec become a country.

"Quebec has all the means to succeed. We have financial resources, we have human resources, we have natural resources," Peladeau said in Saint-Jérôme, north of Montreal, where he will run for a seat in the April 7 election.

"We've got everything (we need) for a country to be alive and kicking."

Peladeau rejected suggestions his entry into politics could represent a conflict of interest, given his powerful presence in the province's media landscape.

THE CANADIAN PRESS

Pierre Karl Peladeau at a press conference in Saint-Jérôme, Que., on Sunday.
GRAHAM HUGHES/THE CANADIAN PRESS

Lev Tahor

Nine members of Jewish sect have returned to Canada: Police

Police say nine members of a fringe Jewish sect who left the country amid child custody proceedings only to be stopped in Trinidad and Tobago have now been returned to Canada.

Peel police Sgt. Dave Housdon says the Lev Tahor members landed at Toronto's Pearson International Airport Saturday night, and the six children were placed in the care of the Children's Aid Society.

The three adults were being processed by the Canada Border Services Agency, he added.

A spokeswoman for the agency said CBSA "continues to work closely with local law enforcement agencies on this case," but wouldn't say whether the three had been released.

About 200 members of the sect — 114 of them children — settled in Chatham, Ont., last year after uprooting from Ste-Agathe-des-Monts, Que.

THE CANADIAN PRESS

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Interception. Israel says ship had 40 rockets, Iran behind smuggling plot

Israel's military said Sunday that a cargo ship it intercepted in the Red Sea last week carried 40 rockets with a range of up to 160 kilometres.

Israel has alleged the shipment was orchestrated by Iran and was intended for Islamic militants in Gaza, a claim denied by Iran and the rockets' purported recipients.

An Egyptian security official said Sunday the rockets also might have been intended for militants in Egypt's Sinai Peninsula, which borders Gaza. The official spoke on condition of anonymity because he was not allowed to brief reporters.

Neither Israel nor Egypt provided evidence for their claims. Questions remain, including how the rockets would have been smuggled into Gaza, largely cut off from the world by a border blockade.

An Israeli soldier covers boxes from a shipment that the military intercepted last week. ARIEL SCHALIT/THE ASSOCIATED PRESS

Israel's government has used the interception to bolster claims that Iran remains dangerous and that the world powers should break off negotiations with Tehran over the country's nuclear program.

THE ASSOCIATED PRESS

New York. Protest against Israel's proposed draft for ultra-Orthodox Jews

Thousands of ultra-Orthodox Jews filled the streets in lower Manhattan on Sunday to protest Israel's proposal to draft strictly religious citizens into its army.

The gathering took up a stretch of 10 blocks, with dark-clothed demonstrators standing behind police barricades amid tight security. Organizers kept to tradition, with men and women in separate groups as they are at religious events.

Sunday's prayer event brought together a community of New York's most Orthodox Jews, based in Brooklyn and in the town of Kiryas Joel in Orange County, north of the city.

A week ago, hundreds of thousands of ultra-Orthodox Jews rallied in the streets of Jerusalem, blocking roads and paralyzing the city in a massive show of force against plans to require them to serve in the Israeli military.

The widespread opposition to the draft poses a challenge to the country, which is grappling with a cultural war over the place of the ultra-Orthodox in Israeli society.

THE ASSOCIATED PRESS

Iraq

Series of attacks kill more than 40

A suicide car bomber set off his explosive-laden vehicle at a security checkpoint Sunday in southern Iraq, the deadliest of a series of attacks that killed 42 people, officials said. The violence, which comes a few weeks before scheduled elections, is the latest by insurgents bent on destabilizing the country.

The blast struck the entrance of the city of Hillah during morning rush hour as dozens of cars waited to be searched. The explosion killed 21 civilians, including a woman and a 12-year-old, and 15 security personnel, two police officers said. It wounded at least 115, they said.

The bombing set dozens of cars ablaze, killing those trapped inside. Debris littered the ground, covered by foam sprayed by firefighters trying to extinguish the fire.

Police say the victims' burns suggested the bomber packed his car with liquid fuel, probably gasoline.

Elsewhere Sunday, militants launched attacks just outside the capital against security forces and employees of the state-run oil company, killing six people, police said.

THE ASSOCIATED PRESS

Robin Cyr visits with her newborn baby girl in the neonatal intensive-care unit at the IWK Health Centre in Halifax. JEFF HARPER/METRO

Halifax baby's miraculous birth

'It's a miracle.' Newborn starts breathing again after being declared legally dead

Quoted

"(The nurse) couldn't talk. She was speechless, and another nurse came over and said, 'Your baby's breathing.' "

Robin Cyr on being told her newborn baby girl was alive after having been declared dead.

RUTH DAVENPORT
Metro in Halifax

Robin Cyr's fourth child already packed a lifetime's worth of emotional turmoil into her first 28 minutes in the world.

Cyr, 34, was told her baby girl died just after being born in the IWK Health Centre in Halifax around 3 a.m. Saturday.

But shortly after getting the devastating news, a stuttering, breathless nurse rushed back into the room to say the baby had started breathing again.

"My aunt was there and it's a blessing because her prayers are very deep and strong," said Cyr on Sunday, speaking in a whisper through tears at the hospital. "When she started praying, my baby came back."

The big baby girl, who weighed nine pounds 14 ounces, got wedged in the birth canal during the delivery. Once she was born, Cyr lay on the bed waiting for 25 minutes for any signs of life.

"My aunt looked at me and said, 'Your baby girl's gone,'" she said, adding the baby's body was taken out of the room after being declared dead. "Another nurse came over, two minutes later ... she couldn't talk. She was speechless, and another nurse came over and said, 'Your baby's breathing.'"

A flummoxed surgeon told Cyr's family that he had no explanation for the seemingly impossible recovery.

"He said it's a miracle," said Cyr. "He said, 'I'm very sorry I gave up on your baby when I did, because I turned around and she's breathing on her own.'"

The chubby little girl with an impressive shock of dark hair is now breathing on her own in the neonatal intensive-care unit. She could pass for any other healthy newborn baby.

Cyr's family and friends say they're still processing the miracle that trumped the miracle of birth.

"The way the story progresses, by the time you get halfway through, you don't want to hear the rest, you're like, I'm done. This is not going to end well," said godfather Nevel Carvery. "Then to have it end the way it ended, it's a roller coaster."

Cyr had a name picked out for the baby, but said that will likely have to change.

"Everybody just keeps saying 'miracle, miracle,'" she said.

A review is underway to determine what, if any explanation, there may be for the baby's apparent resurrection — but Cyr says she knows the answer.

"All I can say is, hand of God," said Cyr. "That's what everyone's saying, she's here for a reason. God brought her back for a reason."

Sexism. WestJet writes its own love note to women

WestJet wrote their own note supporting female pilots. YOUTUBE.COM

There's plenty of room for women in the cockpit, the air-traffic control centre, even on the airport tarmac.

That's the message behind a new video produced by Calgary-based WestJet that aims to fuel positive discussion in the wake of a sexist note written by a passenger targeting one of the airline's experienced female pilots.

While aboard a Calgary to Victoria flight, "David" wrote that the cockpit of an airplane is "no place for a woman," and asked the airline to inform him next time a female pilot was at the helm so he could book another flight.

But the pilot who claimed she was targeted by the note, 17-year aviation veteran Carey Steacy, fired back on Facebook.

WestJet was quick to condemn the passenger's remarks and later created a video showcasing women in various roles of the aviation world — Steacy herself even makes a cameo.

WestJet spokesperson Robert Palmer said the video aims to turn the discussion away from the sexist note to "something more positive."

"The message is that not only do women belong, we need more of them in aviation and here are some of the roles women are currently performing."

JEREMY NOLAIS/METRO IN CALGARY

Bank of Mom and Dad must bone up on RESPs

Sending your kid to lectures like this isn't cheap. THE ASSOCIATED PRESS FILE

HOW TO ROLL
Alison Griffiths
metronews.ca

Rachel Canning, an 18-year-old from New Jersey, has just lost the first round in a lawsuit against her parents over financial and educational support after they booted her from the family home, citing her bad behaviour.

But imagine if the disgruntled teen had sued them because poor investing decisions robbed her of the opportunity to attend university.

It seems ridiculous. On the other hand ...

An RESP (registered education savings plan) isn't a child's right. But once parents start one it behooves them to pay attention. Many kids contribute to their own RESPs with summer or part-time earnings, giving them an even bigger stake in the outcome.

An annual deposit of $2,500 will attract the maximum Canada Education Savings Grant of $500 yearly. Even if the money earns no interest, it will amount to $57,000 after 18 years.

A modest, annually compounded return of three per cent would boost the bottom line to over $76,000. That's a nice chunk of change.

Now suppose parents buy some really stinky investments and the education fund is eviscerated. Should they be held responsible?

Or what if parents put all the money into the stock market without the safety of cash or bonds? If it's early 2008, their offspring stand to lose 40 to 50 per cent of their education money in the September crash.

It would be interesting to see what a court would say if a child were to sue parents for financial neglect in either situation.

It might never happen, but the point is, you can't just contribute to an RESP and ignore it.

IT'S AS IF TIME STANDS STILL

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

In case you haven't noticed — and there is every chance of that — much of the planet moved its clocks an hour ahead this past weekend. Saskatchewan is among few exceptions.

Daylight saving time isn't used everywhere in the world. Parts of British Columbia don't use it, for example. Nor do Arizona and Hawaii. It is unnecessary at or near the equator, because there the length of each day remains nearly the same. The vast majority of countries in Africa and Asia don't use daylight saving time, either.

The only real impact of not changing our clocks is seen in our favourite TV shows beginning an hour earlier. Or we might inadvertently call our non-provincial friends too early or too late. And there is an off-chance of a polling station closing and robbing us simple, non-clock-worthy folks of an hour in which to cast our ballots.

The change of time is as old as time itself. Many a moon ago, arguments for and against it were put forward, but the fact remains that in Saskatchewan, we just stay in tempo.

Time and time again, we have debated whether Saskatchewan should change its clocks to get into synch with the other provinces. Premier Brad Wall had promised to hold a referendum, but then said that would be a waste of money and time because surveys showed that no one here really wants to change pace.

Take time out to digest these tidbits: Springing forward by an hour has been associated with a 10 per cent increase in the risk of heart attack; studies have found a significant impact on the number of pedestrians killed by vehicles after a time switch in the fall; and those who suffer from sleep disorders have a much harder time when clocks are shifted.

Let's face it. Daylight saving has caused controversy since it began. Some pundits have even dubbed it "daylight slaving time." Historically, retail, sports and tourism interests prefer daylight saving, while agricultural and evening entertainment interests oppose it.

But it's the argument itself that creates the most waves. Quite honestly, who really wants to change clocks twice a year? What time do you agree upon to meet with a friend who lives on the other side of the border in Lloydminster?

If you can set your clock to simple routine, you're in luck here in Saskatchewan. We're not living on borrowed time, nor have we lost that precious hour of sleep. Our clocks remain constant, and there's no worry about being an hour late for work.

And we won't need to have this conversation again until Sunday, Nov. 2 at 2 a.m. Or would that be 1 a.m.?

Christina Cherneskey is news director at 620 CKRM in Regina.

ZOOM

Injured in Afghanistan, scoring in Russia

JUSTIN SETTERFIELD/GETTY IMAGES

Canadian Forces veteran scores

Canada's Dominic Larocque celebrates scoring during an ice sledge hockey game between Canada and Norway on Sunday at the Paralympic Games in Sochi, Russia. Larocque was an accomplished athlete growing up — even playing junior-A hockey for a time — before joining the Canadian military's famed Van Doo regiment in 2005. THE CANADIAN PRESS

Reminded of fateful day every morning

Larocque has no memory of the moment that changed his life forever.

While serving with the Canadian Forces in Afghanistan, an armoured vehicle carrying the young corporal drove over an improvised explosive device. The devastating blast on Nov. 27, 2007, shattered Larocque's left leg and required an amputation above the knee.

Although he has no recollection of that fateful day, he's still reminded of it each morning.

"Every time when I wake up I think about that," said Larocque, now 26. "I have no choice." His main focus upon returning from Afghanistan was getting back in shape, but he saw an even brighter future after watching Canada's sledge hockey team in action.

THE CANADIAN PRESS

Sledge hockey

4-0

A big body that likes to do the dirty work, Larocque has already shown some scoring touch at these Games, recording two goals in Canada's 10-1 victory over Sweden in Saturday's opener.

Larocque was at it again on Sunday, scoring the game's first goal in Canada's 4-0 victory over Norway.

Canada has an off-day on Monday before taking on the Czech Republic on Tuesday.

WE ACT:
CANADA DOES GOOD

Poetry behind bars

CONTRIBUTED

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Nancy Van Styvendale, community-builder and educator.

What: Inspired Minds, an all-nations creative writing program at the Saskatoon Correctional Centre.

Why: "To build bridges and connect people across differences."

Poetry can't break bars, but Dr. Nancy Van Styvendale, an assistant professor at the University of Saskatchewan, argues that it does break down barriers. In 2011, with the support of Diann Block, the First Nations and Métis co-ordinator at the Saskatoon Correctional Centre, Van Styvendale volunteered to co-ordinate and teach creative writing and literature classes to small groups of inmates. These eight-week, volunteer-driven courses provide participants with a certificate of completion from the University of Saskatchewan.

What has been the most rewarding part of your involvement?

Within the larger context of the jail, there's the need to protect yourself and not let people in. What I love about the program is that it creates a safe space where the men feel relatively confident sharing very personal things about their lives and struggles. And the other members of the class respect that and encourage their fellow classmates.

How has the program affected the participants personally? Some of the men have experienced racism and were disenfranchised at school. So to provide an educational space that is positive, that makes people feel good about learning is super important. A lot of the men are interested in the certificate of completion, because they can use it when they are going on a job interview. It's a big deal for someone who doesn't have educational credentials.

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Canadian Screen Awards

Orphan Black and Call Me Fitz multi-award winners

The Nova Scotia-shot comedy series Call Me Fitz, about a morally bankrupt used-car salesman, was among the big winners at Sunday night's Canadian Screen Awards, taking home three awards during the TV broadcast.

Show star Jason Priestley won for best actor in a comedy series, while co-star Tracy Dawson won for best actress. The series also took home honours for best comedy series.

Space's sci-fi series Orphan Black received two wins, with show star Tatiana Maslany winning best actress in a dramatic role. Last year Maslany, a Regina native, was also nominated for a Golden Globe for her work on the series. Orphan Black also won for best dramatic series.

Among other TV winners were Hugh Dillon for best dramatic actor in Flashpoint, and Rick Roberts and Sook-Yin Lee for their performances as Jack Layton and Olivia Chow in the miniseries Jack.

Awards were also handed out for films, with Denis Villeneuve's Enemy wining five honours. Villeneuve was awarded best director, while Sarah Gadon won a supporting actress honour for her role. Best motion picture went to the French-language film Gabrielle with star Gabrielle Marion-Rivard winning the best actress award.

METRO, WITH FILES FROM THE CANADIAN PRESS

For a full list of Canadian Screen Award winners, visit metronews.ca.

Juicy J's hustle continues

Never Sober. Busy rapper kicking it on tour, working on next album as collaborations climb Billboard chart

EMILY LAURENCE
Metro World News

Juicy J: "I hustled all the way to the top and I'm partying my ass off right now. But I work hard too." MUSASHI ONO

If there's anyone who deserves to do a little partying, it's Juicy J. His collaboration with Katy Perry, Dark Horse, is everywhere, including the top of the Billboard Hot 100 chart, and his new single, Talkin' Bout, with Chris Brown and Wiz Khalifa, is quickly creeping up too. We talk with the rapper about getting tipsy (count the number of times he says Ciroc) on his Never Sober tour.

Right now, you're in the studio working on your next album, The Hustle Continues. What can people expect?
It's about going from the 'hood to where I am now. I've been in the music game for over 20 years and won an Academy Award (in 2006 for It's Hard Out Here for a Pimp from Hustle & Flow). I still live a party and kicking-it life. I'm having a lot of fun right now, but I'm still working too.

Dark Horse is obviously killing it right now. What was it like working with Katy Perry?
Katy Perry is a genius. She works hard just like me. Katy is in the studio every day and working with her was great. There were no problems at all.

How did that collaboration compare with working with Miley Cyrus on 23?
Both of them work really hard. Miley's a genius too. She has a great voice. They're both very professional women.

After 23 came out, there were all these rumours that Miley was pregnant with your baby.
That was just funny. People are always going to spread rumours online that aren't true. Miley's like my little sister, man!

This is the Never Sober tour. What's your signature drink?
Right now, we have lots of Ciroc Vodka on the bus and some Hennessy and a couple bottles of champagne. If someone's coming to a Juicy J show, they would definitely drink some Ciroc. But don't drive. Let somebody drop you off or catch a limousine or something. You can drink some Ciroc or down some gin and then have somebody drop you off. Or you can take Uber. I tried it and it's great.

If your life was a video game, what would it be like?
It would definitely be a hustle. You'd have to hustle your way to the top and then you party your ass off. That's what I did. I hustled all the way to the top and I'm partying my ass off right now. But I work hard too. We might be drinking some Ciroc on the tour bus, but I have a studio set up in there. I'm actually about to go make some beats right now.

You collaborated with Chris Brown and Wiz Khalifa for your new single, Talkin' Bout. What are they like to hang out with?
We're super cool. They're great guys. When we hang out, we just like kicking it, popping bottles and enjoying life.

What would people be surprised to learn about you?
I manage myself. I'm very hands-on and am in all the meetings, on all the emails and do my own taxes. I have people who work for me, but I'm the head guy in charge and I run the show. I've been doing it my whole life.

When I was 13 years old, my mama was a librarian and I told her to check me out all the music books. I read 10 or 15 books because I wanted to know everything about the music business. A lot of artists just want to make music, get groupies and spend all the money, but that isn't what you're supposed to do. It's called the music business and it's a business at the end of the day.

Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

‘Princess’ Paltrow’s past comes back to haunt her

Poor Gwyneth Paltrow. As if it weren’t enough to have her opinions and actions as an adult criticized, now former middle school classmates are saying that she’s always been difficult. “Gwyneth always seemed like she thought she was better than the rest of us,” a former classmate tells Radar Online. “She was in a play where she had the princess role and she told another girl in school that ‘of course’ she was playing that role because she was a princess and the other girl was not and that’s why she didn’t get the role. No one was surprised. She was so smug, even back then.” And that old reputation is apparently still haunting her now that she and her family live in L.A. again: “A group of women that didn’t get along with Gwyneth back in the day want nothing to do with her now,” the source explains. “They still live in L.A. and have no interest in hanging out with her or being friends at all.”

Liam Neeson

Neeson’s Bond with late wife worth more than playing the man himself

Liam Neeson’s career could’ve gone very differently if it weren’t for late wife Natasha Richardson, the Taken star reveals. Neeson tells the Hull Daily Mail that he was offered the role of James Bond early in his career, but then-fiancée Richardson wasn’t having it. “I was heavily courted, let’s put it that way, and I’m sure some other actors were too,” Neeson says. “It was about 18 or 19 years ago and my wife-to-be said, ‘If you play James Bond we’re not getting married.’ And I had to take that on board, because I did want to marry her.” The 007 franchise went with Pierce Brosnan instead, and Neeson and Richardson tied the knot in 1994.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Hats a lot of loot for Pharrell’s Grammy head gear

STARGAZING
Malene Arpe
scene@metronews.ca

Arby’s bought Pharrell’s Grammy hat in a charity auction for $44,100 US. Wendy’s is still trying to buy Julianne Moore’s hair.

Olympic ice dancing gold medal winners Meryl Davis and Charlie White will be competing on Dancing with the Stars. That’s really too bad for you, Canadian contestant Sean Avery.

This week in wooing: 1) Robin Thicke is waging a public campaign to win back wife Paula Patton by singing songs about her. 2) Justin Bieber is Instagramming pictures of ex Selena Gomez with the caption “most elegant princess in the world.” 3) John Travolta is still trying to get Adele Dazeem to call him.

A tattoo artist who visited Charlie Sheen’s hotel room over Christmas says that a Vicodin-popping Charlie punched a hole in the wall, signed his name under the hole and then took off his shorts and set them on fire before offering the visitor $10,000 US for a kiss. “See,” says Justin Bieber to his team, “we still have a really long way to go until we are where we want to be.”

Katie Holmes has closed her five-year-old fashion line. There was no reason for her to pretend she has to leave the house to make clothes now that she can come and go as she wants.

Bobby Brown says he didn’t know his daughter Bobbi Kristina got married. In his defence, he also doesn’t know where he lives, what his favourite food is or if he still has a prerogative.

After Jennifer Lawrence trips over a traffic cone on the red carpet at the Oscars, online commenters accuse her of planning the fall in order to reinforce her clumsy-cute persona. But then they got distracted by the notion that Scarlett Johansson got pregnant on purpose to punish Marvel for not paying her enough. Actually, that one has a ring of truth to it.

Selena Gomez

Selena continues to Belieb Justin is the one for her

It looks like Selena Gomez can’t quite quit Justin Bieber no matter how much trouble he encounters. The former Disney star is fuelling speculation that she and Bieber are back together after being spotted by fans having breakfast together in McAllen, Texas, late Friday morning, according to Valley Central. Gomez was in the area for a performance the following night at Border-Fest, and Bieber apparently flew in to join her after giving a deposition in Miami in a lawsuit brought against him by a photographer. For the record, Gomez ate chilaquiles while Bieber had huevos rancheros.

Robin Thicke

Is Robin missing his wife or enjoying single life?

It looks like all of Robin Thicke’s yearnings for a reconciliation with estranged wife Paula Patton — which he’s made a regular part of his concerts on his current tour — might just be for show. The Blurred Lines singer has seemed contrite and lovesick on-stage, but off-stage he’s reportedly been having a great time and visiting strip clubs, according to Radar Online. And at his most recent tour stop he was spotted without his wedding ring.

Twitter

@pattonoswalt
So, starting at 2am we set our calendars to Christmas except it’s “summertime Halloween” Christmas with still some snow?

@ParisHilton
What’s the best beach in the Philippines?

@mindykaling
Austin is full of bats and cold rain so far

Magic jars ease money jam

Control. Putting a lid on variable expenses is a simple yet effective way to manage money

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Money jars provide a clear view of how to live within your means. ISTOCK

One of the biggest surprises to come out of Til Debt Do Us Part was the number of people who put themselves on The Magic Jars as a way of managing their money. Determined to do something differently, they saw the jars as a way of taking control of their money. Some people, however, seem to have difficulty figuring out where the money for the jars comes from. It's as if they think this is extra money, not money they would have been spending all along.

The money that goes into the jars is the money that you would have been spending on things like gas, food, clothes, entertainment and medical costs — all your variable expenses. It's not extra money.

While the jars make the whole money management thing very concrete, the place to start changing your money management is not with the jars. It's with a balanced budget. You can't actually make the jars work for you if you don't start by making a budget that balances.

Head of over to my website at gailvazoxlade.com and find the Interactive Budget and the instructions, Gail's Guide to Building a Budget. Follow the instructions and make a budget that balances. You can't have a negative number at the bottom. The budget has to balance.

If you can't make it balance, either your expenses are too high or your income is too low. Start by cutting out everything that isn't essential to keeping body and soul together.

Cable, cell phone and telephone bills are one place to look. Turn down your thermostat and put on a sweater to save on heating costs. Get rid of a car you simply can't afford to keep. If that's not enough, then you're going to have to find a way to make more money.

OK, now we come to the jars. The Interactive Budget Worksheet will tell you how much should be going into each of the jars. This money is your variable spending. Assuming you've balanced your budget, you now know how much to pull from your bank account each week for the jars. If you're deeply in debt and must commit a significant portion of your income to debt repayment, some jars, like "clothing and gifts" may remain empty until you're back in the black.

All the rest of your money stays in your bank account to be used to pay your bills. Your mortgage or rent is a fixed expense. Ditto your car payment, insurance, childcare.

Two more things: First, if you can't figure out how much you should be putting toward debt repayment, use the Own Up to Your Debt Worksheet on the website as a quick way to determine how much should be going toward your debt repayment. If your hole is deep, you may have to allocate 30, 35 or 40 per cent of your income to debt repayment; whatever it takes to get you out of the red within three years or less. If it looks like it's going to take longer, or your debt repayments are throwing your budget off kilter, you only option will be to make more money.

Second, you can't sacrifice savings in the name of paying your debt off faster. Sorry, that's cheating. You have to set aside a little sumthin' sumthin' each month for emergency and retirement savings so that you're working with a balanced plan.

I know there are those who believe you should pay off all your debt before you start to save. I don't agree. If you don't start the habit of long-term savings today, you may not ever start. Ever heard of inertia? That's the thing that keeps a body that's at rest, at rest until something acts upon it. It also keeps a body in motion, in motion. If you aren't saving today, you're a body at rest.

Lots of people all over the world are using the jars. I'm really surprised that such a simple and really old idea has caught on in such a big way. Perhaps it's because the jars really work. I haven't given them to a single family that hasn't had money left in the jars at the end of my time with them, despite my having dramatically cut their budgets.

Determination is a big part of success. If you're at all wishy-washy about what it'll take to get you out of debt and live within your means, if you just can't work up the guts to do things differently, it won't be the jars that failed.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

U.S. Citizens Need To File With The IRS And Employment Expenses Are Probably Not A Tax Break

Q I use my phone for work? Can I claim a portion of my bills?

A Probably not. It usually has to be part of your employment contract before you can claim it. And your employer has to give you a signed T2200 Form in order to claim employment expenses like cell phones. But if you have a T4, you should be able to claim the Canada Employment Amount, which is about $168 in tax savings. This credit was meant to help with some of the costs of having a job, like parking, dry cleaning and cell phones.

Q I was born in the U.S. but my parents moved to Canada when I was 5. Do I have to file a U.S. return?

A It depends on your income but the answer is probably yes. Unless you formally renounce your U.S. citizenship, the IRS expects U.S. citizens to file a tax return if you earn over a certain amount. Don't worry, the U.S. Canada Tax Treaty means you won't pay double the tax, but you need to file a return. And if you have assets of more than $10,000 at any point during the year, you need to file a Financial Bank Account Report with the Treasury Department by June 30 or face penalties.

Visit *hrblock.ca* for a location near you

No, you don't have an app for that

Don't quit your day job. Developer warns that odds of creating the next Flappy Bird are likely no better than winning the lottery

You may have the code down to a science, but do you have the skills to put together a completely unique product? ISTOCK

Convinced you've got a brilliant app idea that would surely make you rich if you could just learn to code?

Think again before quitting your day job, warns Matt Coombe, co-founder of the Toronto-based app development company Get Set Games.

While he in no way discourages aspiring app makers from getting into coding, he warns it's getting harder and harder to get noticed in Apple's crowded App Store and the Google Play marketplace for Android apps.

"I think the gold rush is over," Coombe says during an interview at the company's downtown loft-style office space, which features trendy reclaimed wood furniture and the requisite well-stocked staff kitchen.

"In the early days, it was basically, if you could make a decent app and get it out on the App Store, you had a very good chance for success. You wouldn't necessarily become a millionaire overnight but you could make a decent salary for yourself.

"I think those days are over because there's so much quality out there. There's absolutely an opportunity there. It's still available and people are still doing really great stuff and having a lot of success, but it's a lot harder."

Get Set Games' Mega Jump 2, for example, is a so-called freemium game, which means it's free to download but users can opt to pay for some add-ons that make playing a little easier.

The original Mega Jump wasn't free when it first launched but Coombe says the development team eventually decided that adopting the freemium strategy was the best way to go.

Too many users had decided that even 99 cents was too much to pay for an app. Now Coombe hopes that maybe five per cent of the users who download his games will opt to pay for in-game purchases. For a game that's massively popular, the revenue from those five out of every 100 users can add up.

"There are a couple of really great things about making free apps. One is you absolutely get to reach out to the most people possible with zero barrier to entry. Everyone is willing to give your game a try," Coombe says.

"That means your download numbers and people who get to know about your game and your brand are several orders of magnitude larger than a paid app. The second thing is, when you have a large user base and a lot of people playing your games, then you get to introduce those same people to your next games and your next games, which is obviously a fantastic way to market your whole (roster) of games."

But Coombe says he's starting to come around to the idea of releasing games with a price tag again, partially because it seems some consumers are getting sick of the freemium concept and being nagged into paying for upgrades.

"We're definitely a freemium-based company but that's not to say there aren't more and more reasons becoming apparent to start really thinking about potentially making a high quality paid app. I think we're starting to see ... people are starting to yearn a bit more for paid apps that are perhaps $4.99 or $9.99 because it's the game experience they want, they're willing to pay upfront to not be bothered with all that stuff," he says.

Coombe says it seems like a large proportion of people are willing to start paying money for apps if they feel they'll get value from it.

There's still another challenge Get Set Games faces in the App Store, which has more than a million titles to choose from.

Users who hear about Mega Jump 2 and try searching for it by name will find it's not the first search result, or the second. For some reason, games called Icy Tower 2 and Ninja Revinja appear first.

"It is disappointing when you have a specific game title — it's a No. 1 app, it's been downloaded millions of times — and when you type in the exact name it doesn't show up No. 1, that is surprising," Coombe says.

"It does point to issues of discoverability on the App Store. There are huge amounts of apps, huge amounts of games — some great, some not so great — and I think it's going to become more and more important, if it's not already exceptionally important, for players to be able to find the games they want faster and to allow good developers to be seen and not smothered by a lot of lower quality applications."

THE CANADIAN PRESS

Don't despair, just be aware

There's absolutely an opportunity there. It's still available and people are still doing really great stuff and having a lot of success, but it's a lot harder."

Matt Coombe
Co-founder of Get Set Games

Not-so-lengthy life spans

Matt Coombe knows firsthand that even if an app can stand out from the crowd and become a hit, maintaining a top chart position is extremely difficult.

- Get Set Games first topped the charts in 2010 with its game Mega Jump and recently released a sequel, which also went to No. 1.
- Featured status by Apple helped push Mega Jump 2 to the top of the overall iPad app charts in both Canada and the U.S. within days of its release. It took overall top spot in 32 countries and in the arcade game category it ranked No. 1 in 100 countries.
- But within a couple of days the descent on the charts began and by week's end, it had dropped dozens of positions in Canada and the U.S.

The characters of Mega Jump
GET SET GAMES

Da India Curry House

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- Benefits provided, 15 days paid vacation & 7 days sick leave
- Basic knowledge of English is required with high school diploma
- must be willing to work shifts and on weekends

E-mail resumes to harryaneja@hotmail.com Or drop off to 806 Victoria Ave, Regina, SK, Canada S4N 0R6 306.351.4142 or 306.522.1331

Not a dry eye in the house when this meat loaf performs

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Meatloaf has always been a classic family favourite. It's about time we add some pizzazz to this traditional dish.

Using ground chicken or turkey is a leaner way to go. Four ounces of ground chicken have only 108 calories and one gram of fat compared to regular ground beef, with its 310 calories and 20 grams of fat!

I take the ground chicken mixture and layer it, using roasted red peppers, sun-dried tomatoes and Monterey Jack cheese. This not only adds flavour but is also beautiful when sliced.

For a variation, you can try making mini meat loaves by using either a muffin cup mould or mini loaf pan. Divide mixture into 12 servings.

The key to cooking poultry is to be sure it's always baked thoroughly, reaching an internal temperature of 165 F. I like to use the digital instant thermometer probe. Just preset it to 165 F and insert into the middle of the loaf until temperature is met.

You can buy roasted red bell peppers in water packed in a jar or roast a small red pepper cut into quarters in a 425-F oven for 15 minutes or just until the skin blisters. Remove the skin and chop.

Nutritional information

Per serving

- 280 calories; 13 g carbohydrates; 1.8 g fibre; 22 g protein; 14.3 g total fat; 4.9 g saturated fat; 130 mg cholesterol; 420 mg sodium

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 1 1/2 lb ground chicken
- 1/2 cup seasoned dry bread crumbs
- 1 1/2 tsp finely chopped garlic
- 1 large egg
- 1/4 cup finely chopped yellow onion
- 1/4 cup ketchup
- 1/2 tsp dried basil
- Pinch of salt and pepper
- 1/3 cup finely diced green onions
- 2 oz roasted red pepper, chopped
- 1/4 cup diced rehydrated sun-dried tomatoes
- 1/2 cup shredded Monterey Jack cheese or white aged cheddar
- 2 tbsp grated Parmesan cheese

Directions

1. Preheat the oven to 425 F.

2. In a bowl, combine the ground chicken, bread crumbs, garlic, egg, onion, ketchup, dried basil and salt and pepper until well mixed.

3. Pat half the chicken mixture into the prepared loaf pan. Sprinkle with the green onions, red pepper and sun-dried tomatoes.

4. Mix the Monterey Jack and Parmesan cheeses and add all but 2 tbsp of the cheese mixture to the loaf. Pat the remaining chicken mixture over the filling

.

5. Bake for 20 minutes or until the interior temperature reaches 165 F. Sprinkle with the remaining cheese and bake for 2 minutes or until the cheese melts. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

2 in 1: Tomato Soup with Grilled Cheese to garnish

A classic combination is tomato soup alongside a grilled cheese sandwich.

I have taken it one step further and combined small squares of grilled cheese as a garnish for the soup.

Fresh plum tomatoes are a tastier option than canned tomatoes. And the soup is rich and creamy without any butter or cream.

Tomatoes contain a beneficial antioxidant called lycopene which may lower the risk of heart disease, macular degeneration, bad cholesterol and certain cancers such as prostate, lung and stomach.

This recipe serves four. ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 3/4 cup chopped sweet onions
- 1-1/2 tsp minced garlic
- 4 cups chopped plum tomatoes
- 1 cup low sodium chicken stock
- 1-1/2 tbsp tomato paste
- 2 tsp granulated sugar
- 1/4 tsp each: salt and freshly ground black pepper
- 1/4 cup chopped fresh basil, as garnish

Grilled Cheese

- 2 oz aged cheddar cheese sliced thinly
- 2 slices brown bread

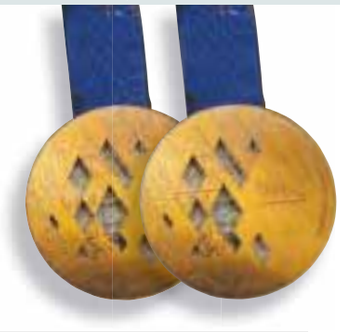
1. In a nonstick saucepan sprayed with cooking spray, heat oil over medium heat; cook onions and garlic for 3 minutes. Stir in plum tomatoes, stock, tomato paste, sugar, salt, and pepper. Bring to a boil. Reduce heat to simmer; cover and cook for 15 minutes.

2. In batches, purée soup in a blender or food processor. Garnish with basil.

3. Place cheese on bread to make a sandwich. Spray both sides of bread with cooking spray and sauté in hot skillet for 2 minutes per side just until cheese melts. Cut sandwich into 8 squares and garnish each soup with two squares.

ROSE REISMAN

Skiers score pair of medals in Sochi



Sochi Paralympics. Success on slopes carries over to the rink, as the sledge hockey team moves to 2-0

Canada won two medals on the slopes and the sledge hockey team continued to roll Sunday at the Sochi Winter Paralympic Games.

Visually impaired skier Mac Marcoux of Sault Ste. Marie, Ont., and guide Robin Femy of Mont-Tremblant, Que., won their second bronze medal in as many days, finishing third in the super-G. The pair finished with a time of one minute 20.77 seconds.

Teammate Caleb Brousseau of Terrace, B.C., took bronze in the super-G men's sitting division, winning his first career Paralympic medal. Brousseau put down a time of 1:22.05.

In sledge hockey, Adam Dixon scored twice and Dominic Larocque added a goal and an assist Sunday as Canada defeated Norway 4-0.

Anthony Gale and Kevin Rempel added two assists, while Corbin Watson had to make just six saves to get the shutout as Canada improved to 2-0.

Larocque scored on the power play 4:20 into the second period to snap a scoreless tie. It was his third of the tournament after picking up two goals in Canada's 10-1 victory over Sweden on Saturday.

Dixon, who had two goals and two assists against Sweden, then made it 2-0 with 4:26 to go in the second before making it 3-0 at 1:07 of the third.

Marc Dorion then scored his first of the tournament with 21.8 seconds left in the game to round out the scoring.

Dixon and Gale both have six points after two games.

Canada has an off-day on Monday before taking on the Czech Republic on Tuesday.

Norway, which defeated Canada in the bronze-medal game at the 2010 Vancouver Paralympics, will meet Sweden the same day.

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Other results

- Calgary skier Kurt Oatway was ninth in the men's sitting division, and Kirk Schornstein of Spruce Grove, Alta., was 13th in the men's standing category.
- Sitting skier Josh Dueck of Kimberley, B.C., and standing skiers Matt Hallat of Coquitlam, B.C., and Braydon Luscombe of Duncan, B.C., did not finish their runs.
- In para-Nordic skiing, Chris Klebl of Canmore, Alta., was the top Canadian, placing sixth in the men's 15-kilometre sit-ski race.
- Saskatoon's Colette Bourgonje finished 13th in the women's 12-kilometre sit ski race.
- In wheelchair curling, Canada defeated Sweden 7-4 and now sits 3-0 in round-robin play.

Bronze medallists Mac Marcoux and his guide Robin Femy acknowledge the crowd after the men's visually impaired Super G final at Rosa Khutor Alpine Center on Sunday in Sochi. HANNAH PETERS/GETTY IMAGES

HNIC. Strombo to step into MacLean's shoes: Report

George Stroumboulopoulos will reportedly be the next host of Hockey Night in Canada.

TSN's Bob McKenzie tweeted the host of CBC's George Stroumboulopoulos Tonight will become the face of the show when Rogers Communications Inc. takes control of Canada's NHL broadcasting rights next season.

McKenzie also reports the Coach's Corner segment will continue another two years.

McKenzie says Ron MacLean will still be involved with a reduced role.

George Stroumboulopoulos
GETTY IMAGES FILE

THE CANADIAN PRESS

Canada West basketball

Lady Huskies take regional title

The University of Saskatchewan Huskies women's basketball team is once again Canada West champions.

The Huskies picked up their third ever regional hoops title by downing the University of Fraser Valley Cascades 67-56 Saturday night at the Final Four tournament in Edmonton.

The title is Saskatchewan's second in the past four seasons.

Both Saskatchewan and Fraser Valley will participate in the CIS championship running from March 14-16 in Windsor.

METRO

CIS basketball

Men's Huskies finish tied for 5th in nation

Riding the strength of a 27-point third quarter, the University of Saskatchewan Huskies blew past the McGill RedMen 75-59 in a consolation game Saturday at the CIS men's basketball championship at the Canadian Tire Centre in Ottawa.

With the win, the Huskies finish tied for fifth place with the McMaster Marauders in the national university basketball championship tournament.

The Carleton Ravens topped the University of Ottawa in the championship game on Sunday. METRO

Horoscopes

♈ Aries
March 21 - April 20
The planets are encouraging you to break out of a rut and live closer to the edge for a while. Security is all well but an Aries needs excitement too, so do something out of the ordinary this week.

♉ Taurus
April 21 - May 21
Speak your mind today. If certain people don't like it that's just too bad — in fact it's a good sign. Jupiter in the communications area of your chart indicates your words will have the desired effect.

♊ Gemini
May 22 - June 21
Challenges keep coming, and you keep dealing with them in your own way. There are few things that faze you and what life chooses to throw at you over the next seven days, you will handle it with ease.

♋ Cancer
June 22 - July 23
You will be at your best this week. Jupiter in your sign makes all things possible and, more importantly, makes you believe all things are possible. If you possess self-belief, there is nothing you can't accomplish.

♌ Leo
July 24 - Aug. 23
Try not to commit yourself to anything that can't be changed at a moment's notice. The planets are unsettled, so be prepared to drop what you are working on and start something new and exciting.

♍ Virgo
Aug. 24 - Sept. 23
No matter what problems you face over the next few days, you'll be able to deal with them. Get them out of the way quicker by asking for help.

♎ Libra
Sept. 24 - Oct. 23
You will make an impression over the next seven days but will it be of the right sort? That depends on how well you get along with the people you work with and for. Be confident but not arrogant.

♏ Scorpio
Oct. 24 - Nov. 22
You won't have to work hard to get what you want this week. With both Sun and Jupiter on your side, others will happily provide you with whatever it is that is good for you.

♐ Sagittarius
Nov. 23 - Dec. 21
Doors that have been closed to you in the past will start to open over the next few days but for some reason you may decide not to walk through. Even if you cannot explain your reluctance, listen to what your inner voice tells you.

♑ Capricorn
Dec. 22 - Jan. 20
Don't get carried away with your success. The current cosmic picture makes most things possible for you but that does not mean you should try to do everything.

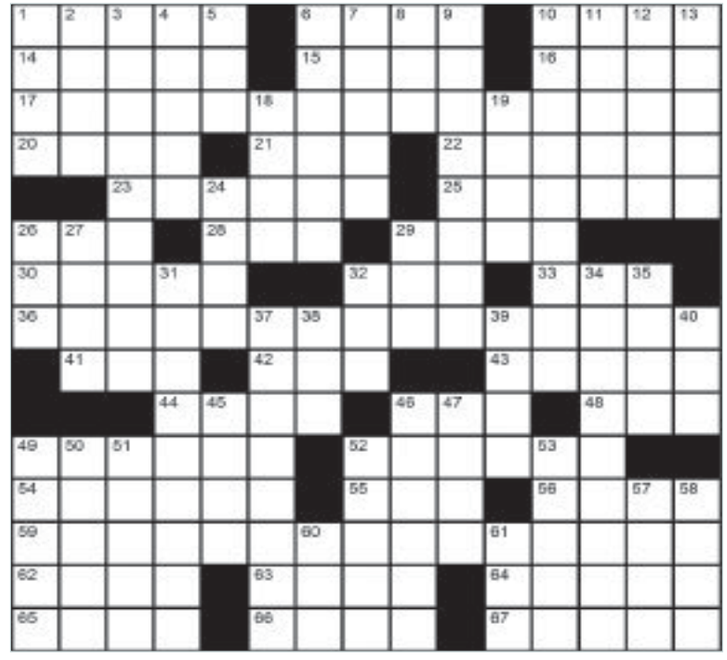
♒ Aquarius
Jan. 21 - Feb. 19
You may have to force yourself to be enthusiastic about what has to be done today but it will be worth the effort. By midweek, everyone will be patting you on the back.

♓ Pisces
Feb. 20 - March 20
Is what you are doing with your life what you want to be doing? If not, think about what changes you can make to bring your reality in line with your dreams. Jupiter makes all things possible. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



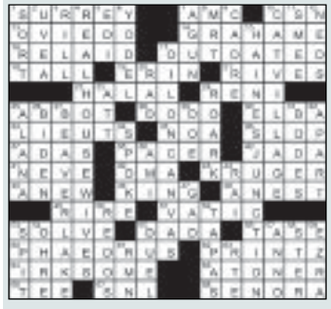
Across

1. Kootenays village in British Columbia
6. Phone
10. Li'l Abner cartoonist Al
14. Consuming-food person
15. Amazon Rainforest berry
16. Ancient concert sites
17. Neurologist who, in 1992, became the first Canadian female astronaut in space: 3 wds.
20. Traverse
21. Baseball stat.
22. Tempt
23. Manitoba town north of Winnipeg
25. Poured
26. Scottish "Gee!"
28. Eggs-layer
29. Ms. Arden
30. Body
32. Tone-__ (Rap star)
33. Martian's maneuver-ee, minutely
36. Colgate containers: 2 wds.
41. Caustic solution
42. Free
43. "Oh My Darling, Clementine" part: "... excavating for _ ___..."
44. "__ Dead II" (1987)
46. Ad __ committee
48. ISP, e.g.
49. __ and onions (Frying pan partners)
52. Reality star Heidi
54. Highest orbital point
55. Mineral kind
56. Carrie Fisher's Princess
59. Great song by Canadian folk duo Ian & Sylvia: 3 wds.
62. Escape
63. Swiss river, variantly
64. Mr. Bruckner of classical music
65. Electronics company
66. Grandpa's portrayer on "The Waltons", Will __
67. Painting surface

Down

1. Shoe brand since 1916
2. 50+ org. in The States
3. Ontario municipality near London, __-Caradoc
4. Sierra's partner
5. Sphere
6. __-14 dating
7. Singin', Dancin' and what else?
8. One of the Teletubbies, when doubled
9. 'Mr. Showmanship' played by Michael Douglas
10. Canadian Sci-Fi show on Showcase
11. Contribute to the mix: 2 wds.
12. Tranquility
13. Did apple prep work
18. __ Stanley Gardner (Detective novelist)
19. __ upswing: 2 wds.
24. "I'm in trouble now!": 2 wds.
26. Senators, on scoreboards
27. Hip
29. Scribble
31. Metallic hue: 2 wds.
32. Psychedelic drug
34. "Open up! This is the..." sayers on TV: 2 wds.
35. Vintner's prefix
37. Store's info-for-purchasers item: 2 wds.
38. Feel awful
39. Diplomacy
40. Salt, in Paris
45. Contends
46. Little Jack __
47. Blood type, _ __.
49. Big fishing hooks
50. __ Anton Ohno
51. Cathedral city in northern France
52. MTM's second 'M'
53. Skirt style
57. Marriage ceremony exchanges: 2 wds.
58. "It should come __ __ surprise..."
60. "Norma __" (1979)
61. Dog's tail movement

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	8	3	6	4	1	2	9	5
4	2	8	5	9	3	7	6	1
6	5	1	2	8	7	9	3	4
8	6	7	4	2	9	5	1	3
5	3	9	1	6	8	4	2	7
2	1	4	3	7	5	6	9	8
9	8	2	7	3	4	1	5	6
1	7	6	8	5	2	3	4	9
3	4	5	9	1	6	8	7	2

URBAN
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(for the month of February)
Blinds in by Tuesday and ready by the weekend.
Recieve 10% off cleaning*
*Does not include Pickup/Delivery,Take-Down/Reinstall
We repair blinds and carry a variety of parts and cording
Urban Shade & Shutter
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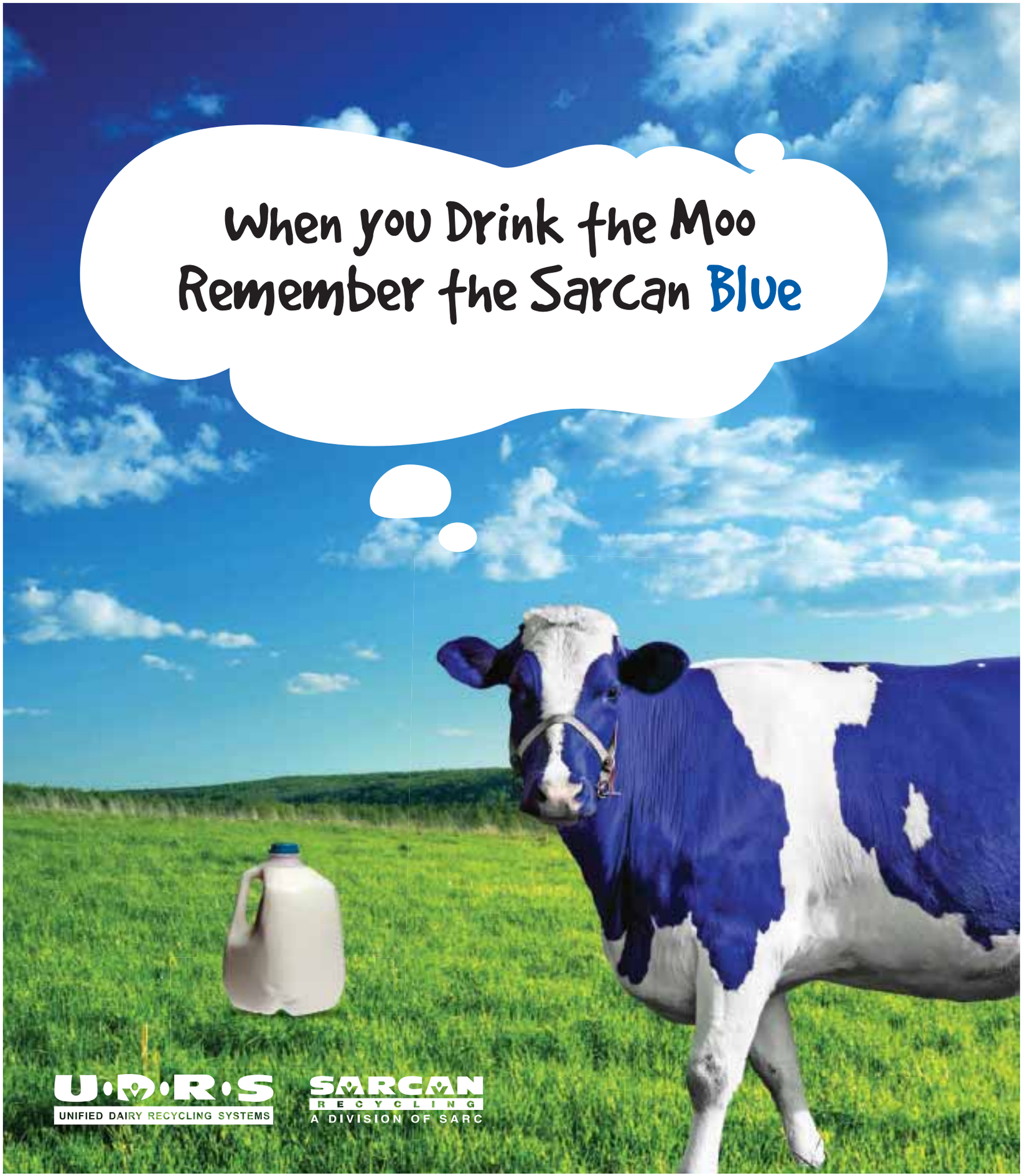
When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
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RECYCLING
A DIVISION OF SARC